CET GRADUATES CELEBRATE IN ARCADIA

By Karen Zarsadiaz-Ige, LACDMH Public Information Officer



Six graduates of the neuroplasticity program known as Cognitive Enhancement Therapy (CET) celebrated their completion of the year-long treatment program. The celebration was held on Tuesday, August 20th at Arcadia County Park. CET is a program originally designed for people diagnosed with brain injury and/or mental illness. The evidence-based treatment program combines computer-based treatment (through exercises and games) with a structured social cognition group that aims to improve cognitive and social functioning. This was the first year the Los Angeles County Department of Mental Health (LACDMH) has used the CET program at its clinics.



As part of the celebration, each of the graduates gave a speech on how the program changed their lives and improved their cognitive and social skills. "This made a difference in my life. I now have focus and a goal," explained one participant who credited CET for improving his concentration and giving him more energy. Each of the participants' CET-trained coaches also added their own observations and encouragement, acknowledging their commitment to finish the year-long program which initially started out with 11 clients.

Graduates of the CET program were supported by their families and friends, along with staff from LACDMH. Many staff noticed incredible gains from the CET participants over the past year, including improved focus, increased memory and better social interaction.



After the CET participants received their certificates of completion, Sharon Shumaker, A.C.S.W., also handed out CET certifications to the trainers who helped start the pilot program at Arcadia. Shumaker flew in from Ohio and is the Clinical Director for the Center for Cognition and Recovery, which is where CET is based and originated.

Because of the results from this first class of CET participants, there are plans to continue the program with recruitment for the next class starting soon.